DOCUMENT RESUME

ED 423 357 UD 032 573

AUTHOR	Trotter, Jennie C.
TITLE	Coping with Stress. Stress Education Curriculum. A Stress Control Program for Troubled Youth. Fifth Edition.
INSTITUTION	Wholistic Stress Control Inst., Atlanta, GA.
PUB DATE	1998-02-18
NOTE	130p.
AVAILABLE FROM	Wholistic Stress Control Institute, Inc., 2545 Benjamin E. Mays Drive, S.W., Atlanta, GA 30311; P.O. Box 42481, Atlanta, GA 30311; phone: 404-755-0068 or 404-755-2976.
PUB TYPE	Guides - Classroom - Teacher (052)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Biofeedback; *Conflict Resolution; Coping; *Curriculum; Elementary Education; Elementary School Students; *High Risk Students; *Holistic Approach; *Relaxation Training; Self Concept; *Stress Management; Stress Variables
IDENTIFIERS	Yoga

ABSTRACT

Project Stress Control was developed for the Fulton County (Georgia) school system in 1984 and was implemented at an elementary school. The program was very successful in reducing suspension rates and office referrals for disruptive behavior and in increasing academic performance and parent participation. This curriculum is an outgrowth of the project. It teaches holistic techniques, such as relaxation, deep breathing, massage, biofeedback, acupressure, affirmations, communications skills, nutrition, and yoga exercises for stress reduction. The coping skills in this curriculum are designed for youth aged 8 to 17. The manual contains the following 18 lessons: (1) "Understanding Stress"; (2) "Good and Bad Stress"; (3) "Signs of Stress"; (4) "Causes of Stress"; (5) "How To Control Stress"; (6) "Breathing, Relaxation Exercises"; (7) "Thoughts and Stress"; (8) "Visualization and Guided Fantasy"; (9) "Affirmations"; (10) "Feelings and Responsibility"; (11) "Positive Releases for Anger"; (12) "Self Concept and Stress"; (13) "Positive Communication"; (14) "Problem Solving"; (15) "Conflict Resolution"; (16) "Exercise and Nutrition"; (17) "Goal Setting and Time Management"; and (18) "Contract, Post Quiz, Evaluation." An 81-item bibliography is divided into sections on a number of youth problems. (SLD)

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